



NATIONAL
CHARTER SCHOOL
RESOURCE CENTER

Creating Communities of Care

*A Workshop to Design Supports for Student and Staff Well-being
and Mental Health*

October 20, 2022 | Virtual Presentation

charterschoolcenter.ed.gov

About the NCSRC

The National Charter School Resource Center (NCSRC) provides technical assistance to federal grantees and resources supporting charter sector stakeholders. NCSRC is funded by the U.S. Department of Education (ED) and managed by Manhattan Strategy Group (MSG) in partnership with WestEd.



Norms for Discussion



Please keep yourself on mute when not speaking.



Actively participate in small and large group discussions.



Respond to the survey.



Be present and practice active listening.



*This session is being recorded, so you and your peers may access it at a later date.
Breakout rooms will not be recorded.*

Session Outline

1. Introduction

2. Framework for Creating a Community of Care

3. Framework in Action: Uplift Education

4. Putting It Into Practice

5. Group Discussion

6. Reflections & Action Steps

7. Key Takeaways & Final Thoughts



Learning Objectives – Participants will...



- Explore a framework on how to effectively support the mental health and well-being of students and staff that is equity-focused and responsive to community needs.
- Create their own plan to support well-being and mental health; the plan will include actionable steps for creating a community of care, timelines, and strategies to overcome barriers.
- Exchange ideas with your fellow attendees to learn how others are addressing the mental health and well-being needs of their students and staff.

CSP Welcome

*Laura Montas-Brown, Program
Officer*

Speakers



Adrian Larbi-Cherif, Ph.D.

Researcher

*National Charter
School Resource
Center*



Andrea Browning

Senior Policy Advisor

WestEd



John Gasko, Ph.D.

Chief Well Being and
SEL Officer

Uplift Education

Framework for Creating a Community of Care

Why This Matters

Depression, anxiety, impulsive behavior, and attempted suicides have all risen in recent years.¹

Students of color in public schools were almost twice as likely to be learning remotely than White students in January 2021, which overall negatively impacted students' mental health through greater isolation and more extended interruption of services.²

2x

Increased prevalence and greater intensity and complexity of student mental health needs often begin at earlier ages than in the past.³

There is less mental health support for students who often have the greatest need.

A school counselor who serves predominantly students of color serves 34 more students on average every year than one who serves fewer students of color.⁴

+34

Students of color and low-income students in 38 states on average have less access to a school counselor than White or more financially advantaged peers.⁵

38/50

Community of Care Framework



1. Creating a **welcoming, affirming environment** that **enables a sense of safety** for every student



2. Providing **responsive mental health, well-being, and SEL supports** for all students



3. Partnering with the community to **extend mental health and well-being supports**

Welcoming Environment Strategies



Predictable routines

Positive expectations

Explicit SEL instruction

Supportive relationships

Self-care strategies

Responsive Supports Strategies



Culturally responsive practices

Multi-tiered systems of support

Restorative circles and practices

Opportunities for student choice

Trauma-informed professional learning

Partnering with the Community Strategies



Community engagement as a path to partnerships

Formalize partnerships with community health organizations

Routines and expectations for collaborating with partners

Partner with parents

Framework in Action

Uplift Education

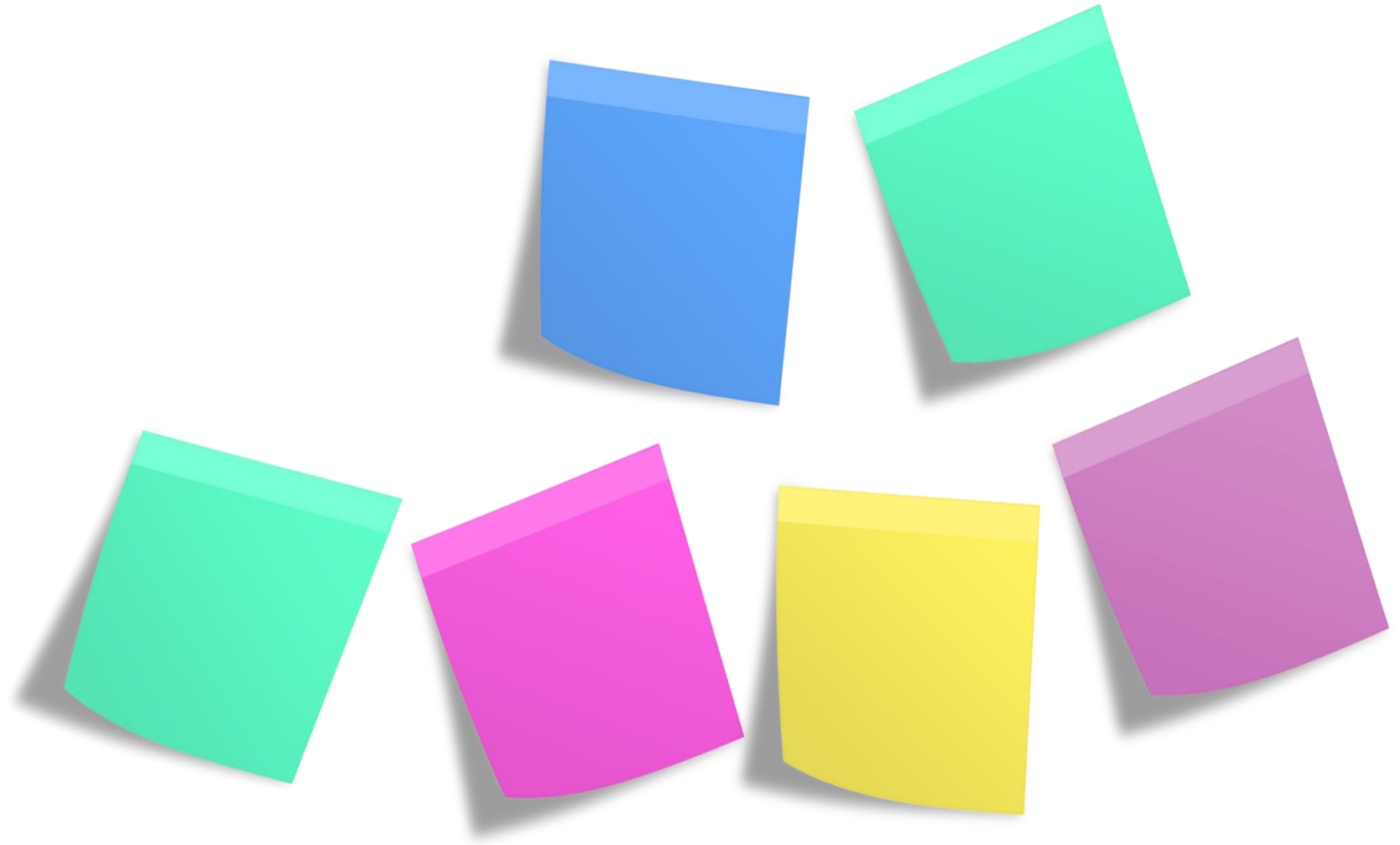
Uplift Education



uplifteducation

Your Turn

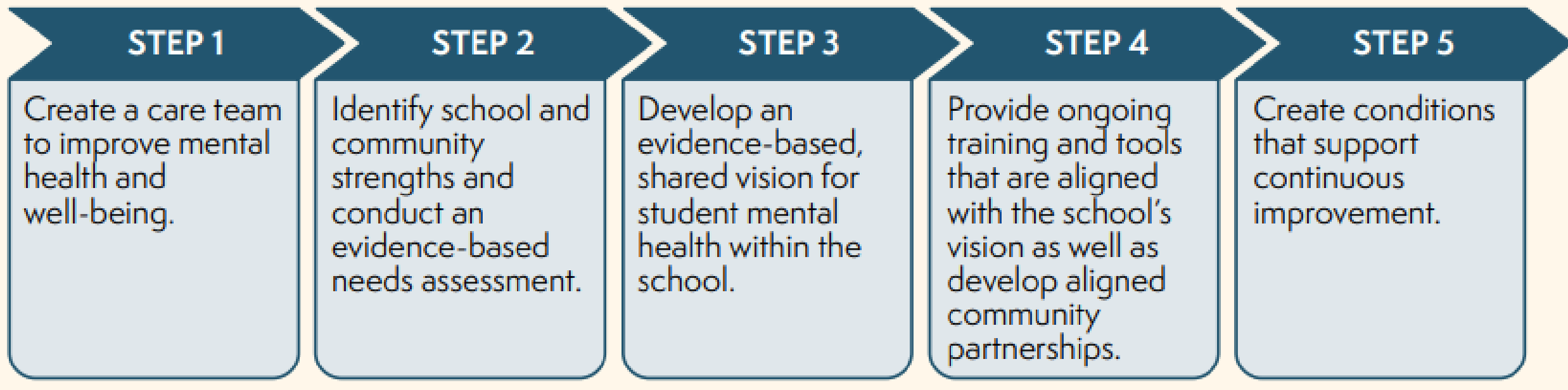
What are you
doing to create
communities of
care in your
school?



Putting it Into Practice

Create Your Own Plan for Fostering a Community of
Care Within Your School

Creating Your Community of Care



Breakout Room Discussion

What are some of the barriers you face in implementing your plan?



How can you overcome them?

Group Discussion

Overcoming Barriers

Key Takeaways & Action Items

On Your Workbook, Under Section 3...

Write down three immediate action steps you are going to take following this session.



Share Out

What action steps are you taking?



Feedback, Please!



How can you contact us?



charterschoolcenter.ed.gov



contact-us@charterschoolcenter.org

An abstract graphic featuring a central dark blue circle with the word "THANKYOU!" in white, bold, sans-serif capital letters. This central circle is surrounded by several other circles in various shades of blue and teal, some overlapping it. A thin, dark blue line with small circular nodes at the top connects some of the outer circles, resembling a stylized orbital path or a network diagram.

THANKYOU!

